



***Enhanced recovery
after surgery for
living kidney donors***

Living donor shared care plan

Please record your details below

Name:

Date of donation:

Enhanced recovery after surgery (ERAS)

Enhanced recovery after surgery (ERAS) is a programme designed to help you to recover more quickly from your living kidney donor operation. We hope that this care plan will help you to understand what to expect and feel more involved in what happens during your time in hospital.

To optimise your recovery after your operation, it is important that you take an active role in your own care. Reaching certain targets can reduce the likelihood of complications and can help to improve your overall experience as you recover.

For example, sitting out of bed and moving around, sooner after surgery, can help to reduce the risk of chest infections, blood clots, and muscle wastage.

The shared care plan is yours to keep and use to record your progress. Don't worry if you do not meet all your targets. Every donor is different, and the team will support you to achieve your targets at a pace that's right for you.

The team will adapt the programme where needed, to ensure that you receive high-quality care, and we will not discharge you from hospital until both you and the living donor team feel that you are ready.

Preparing for surgery

Whether this is the first time you have had surgery or not, it is important to recognise the impact of an operation and prepare yourself as well as you can. In the weeks leading up to your donation, here are some areas you can focus on:

- Stopping smoking reduces the risk of complications following surgery by 50% (World Health Organisation). For further information and advice visit the Centre for Perioperative Care Smoking Cessation website.
- Maintaining physical activity prior to your donor surgery is important to optimise your recovery. For free access to support with physical activity, ask the Robert Dangoor Partnership for access to kidney beam.
- Ask your living donor team any questions you have about your surgery and recovery. This can help to reduce anxiety and support you to take an active role in your own recovery.
- Read the advice leaflet prepared by previous living donors for potential donors - includes helpful information on what to bring into hospital with you (see the 'preparing for hospital' document).
- As part of your preparations, it can be helpful to talk to someone who has been a living kidney donor. The Robert Dangoor partnership has a buddy scheme to help with this.

Requesting a kidney donation buddy - Make Your Mark

- Nutrition (making sure you eat a well-balanced diet with all the nourishment you need). *Carbohydrate drinks are sometimes provided immediately before the operation to help optimise nutrition. Ask your team if this is available to you.*

Surgery

Here are some targets to aim for within the first few hours after your operation, as you begin your recovery in hospital and continue at home. Please remember that everyone's recovery is different and do not worry if it takes you longer to reach the milestones set out below.

Positioning and breathing

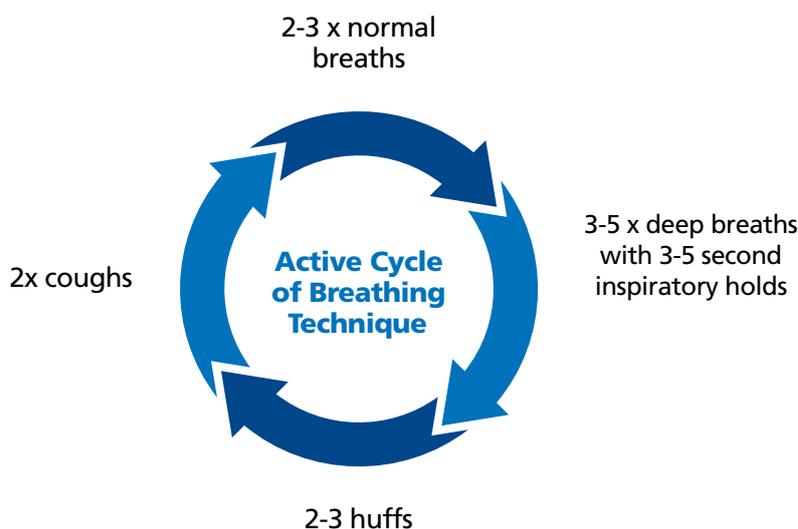
After the operation, when you are awake in bed, try to sit in an upright position where possible. This will help prevent chest infections. Watch the video with advice on breathing exercises and log rolling to help getting out of bed (see page 9).

Breathing exercises after your donor nephrectomy

It is important to keep your lungs clear after the surgery to prevent chest infection. We suggest you familiarise yourself with The Active Cycle of Breathing Technique (ACBT) before surgery as this will enable you to assess if you can breathe properly after surgery. The ACBT consists of breathing exercises:

- breathing control (normal breathing)
- deep breathing with end of breath hold (inspiratory holds) 3-5 seconds
- huffing and coughing.

A rolled-up towel held against your wound will help while doing this. You should perform these exercises every 2 hours. Please do not hesitate to ask your nurse for additional pain relief if the deep breathing exercises and coughing causes pain.



Watch ACBT here with thanks to NHS Greater Glasgow and Clyde Physiotherapy:
www.youtube.com/watch?v=qpzJmjtir08





After the operation, you will be encouraged to start drinking as soon as you feel able. We will stop your drip as soon as possible. Keeping hydrated is important. Aim for 1.5 – 2 litres daily from the day after surgery.



When you wake up, it is important to start moving as soon as you are able. This is often within the first few hours after surgery. The team will help and guide you with some targets to aim for. Go at your own pace but try to move more each day.



Scoring your pain can help to monitor your pain relief. Nurses and other professionals may ask you to do this throughout your stay in hospital. Aim to be comfortable enough to take a deep breath, cough and move around. This is very important, and if pain is stopping you from doing any of these, ensure you take adequate pain relief.



You may encounter bloating and/or shoulder tip pain after surgery. Speak to your living donor team for advice on managing these side effects.



A urinary catheter is usually inserted when you are asleep and removed as soon as possible after the operation. The team may ask you to monitor how much urine you are passing.



Some types of pain relief, (as well as other factors when having an operation) can cause constipation. You can ask for laxatives whilst in hospital. Additional dietary tips to minimise constipation can be found on the 'preparing for hospital information sheet.'



It is important to give your body the fuel it needs to heal. Eating little and often as you recover can make this easier. If you feel sick, talk to the nurses, as there are ways we can help with this, both in hospital and at home.

As you recover, on the ward and at home

Day of surgery		
<p>Breathing exercises</p> 	<p>Positioning</p> <p>Try to sit in a chair</p> 	<p>Aim to start moving</p> 
Day 1		
<p>Sitting out in your chair</p> <p>Aim for >4 hours sitting out</p>  <p>meals</p>	<p>Walks</p> <p>Aim for 2-4 walks with a target distance of 20 - 4 meters</p> 	
Day 2 and beyond		
<p>Sitting out in your chair</p> <p>Aim for >8 hours sitting out</p>  <p>meals</p>	<p>Walks</p> <p>Aim for 4 walks with a target distance of 60 - 100 meters, increasing daily</p> 	

Continuing your recovery



Please remember that everyone's experience is different, and some days will be easier than others. Try to increase what you do each day and keep moving. You can feel very tired after an operation and frequent short rests each day in-between activity, are also important to allow your body to heal.



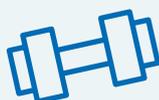
When you leave hospital, try to eat a balanced diet of nourishing food that includes lots of protein to help your body to heal, and fruit, fibre and vegetables to avoid constipation. Keep well hydrated by drinking plenty and avoid too many caffeinated or fizzy drinks.



You may continue to feel bloated, and it may take a few weeks for this to return to normal.



Discuss with your living donor team your wound management and when you can shower and bath.



Avoid heavy lifting/twisting for the first 4 to 6 weeks after surgery.



You may experience mixed emotions after donation. This can be quite common and please talk to your team if you feel you need more support.

Leaving hospital

If you have a question before your next appointment, you can contact the living donor team by calling the following numbers;

It is always recommended having someone stay with you for the first few days you are home - they are your second pair of eyes and ears so please listen to them if they are concerned about you.

You will need to know how to contact your appropriate team. They must be aware if you have:

- High temperature or fever
- Nausea or vomiting
- New pain in your tummy or lower back
- Ooze or redness around any of your wounds or if they are hot to touch
- Discomfort or burning when passing urine or cloudy or smelly urine

If you have anything else that is concerning you or that you are unsure about, please speak to your living donor team. In case of emergency, ensure you know your emergency services number.

Daily checklist

You may find the following prompts useful to look at each day to help you monitor your own progress, both in hospital and at home. If you have questions for the team, you can use the space at the bottom of the page to write them down.

	<p>Are you managing to eat and drink? Have you been feeling nauseous?</p>
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	<p>How many walks did you manage today? How many times did you manage to sit in your chair? How much time did you spend in your chair today overall?</p>
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	<p>Is your pain well controlled? Are you able to take deep breaths, cough and move around?</p>
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	<p>Are you passing urine without pain or difficulty? How are your bowels? Have you opened them today?</p>
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Useful links

We have listed some links you may find useful below:

Donating your kidney - NHS Organ Donation

www.organdonation.nhs.uk/become-a-living-donor/donating-your-kidney

Smoking cessation | Centre for perioperative care

www.cpoc.org.uk/guidelines-and-resources/perioperative-optimisation-Top-seven-interventions/smoking-cessation

Log rolling and breathing exercises (Video)

www.youtube.com/watch?v=d-GEIc4Zmd4

The Active Cycle of Breathing Technique (Video)

www.youtube.com/watch?v=qpzJmjtir08

Make your Mark - Robert Dangoor partnership

www.donateakidney.co.uk/about-make-your-mark

Give a kidney | Raising awareness of non-directed kidney donation

www.giveakidney.org